

# Mark's Kitchen

[drhyman.com](http://drhyman.com)

## Strawberry-Almond-Coconut Smoothie

Serves: 1

Ready in: 5 minutes

This is one of my favorite breakfast or post-workout smoothies. It's filled with healthy fats from chia seeds and almond butter, and it features one of my favorite nutrient rich berries. The whole family will love this one.

1 or 2 large ice cubes  
2 tablespoons unsalted almond butter  
3/4 cup light unsweetened coconut milk  
1/2 cup unsweetened almond milk  
1/2 cup frozen organic strawberries  
2 teaspoons chia seeds

Step 1: Combine all of the ingredients in a blender and blend on high until smooth, 1 to 2 minutes. if the smoothie is too thick, add a little filtered water and blend again until it reaches the desired consistency.

Step 2: Pour into your favorite glass and enjoy!

*Nutritional analysis per serving: Calories: 380, Fat: 29 g, Saturated Fat: 8 g, Cholesterol: 0 mg, Fiber: 9 g, Protein: 12 g, Carbohydrates: 13 g, Sodium: 150 mg*